

Overcoming the Shadow

An individual's thoughts are often a reflection of the inner world they inhabit. Although another sole can only perceive a momentary glimpse of another's internal world; it provides enough of an insight to form a general impression. The more attuned one's mind is to the subtle cues of speech and mannerism, the easier it becomes to see beyond projections and facades. Through careful observation, a concealed reality becomes visible. The individual is no longer blind to the shadow aspect of reality that lies just beneath the surface. While it might be difficult to acknowledge, its existence is part of the greater whole. Once an individual stumbles upon it, one cannot unsee it. While its existence might prove unsettling, it provides an individual with valuable insights.

The more one examines the suppressed nature of thought, and the extent to which denial of the shadow can manifest; one gains a deeper understanding of how suppressed aspects of the self can distort perception. Unless an individual is conscious of the consequences that stem from a denial of the shadow, one can easily fall victim to it. For an individual's shadow aspect desires to remain unseen. As the shadow lives quite comfortably off the ignorance of its host. So long as it can evade detection, it is free to live as an uninvited guest. Conflict only arises once an individual becomes aware of its presence and begins to consciously resist it. This act of defiance, stirring up all manner of troubling thoughts and emotions. This inner turmoil only serves to create a greater sense of friction within an individual's mind.

Without acknowledging the root cause of this internal friction, only contributes to more suffering. As one's shadow does not want to be observed, let alone challenged. Therefore, it will deflect attempts to probe it with worldly distractions to subvert further investigation. So long as an individual remains

distracted by worldly pursuits, its existence remains unchallenged. The endless array of worldly illusions serving as the perfect cover. Unless an individual is prepared to confront the shadow, to observe it without looking away, only then will it lose its power. The key to unlocking one's true potential, lies in the ability to lean into uncomfortable situations. Although it will test one's fortitude, it eventually leads to growth. As one has overcome the internal blockages of fear, which prevent the mind from breaking free of outdated beliefs. This creates the necessary space for an individual to reflect upon challenges posed by life. Directing thoughts towards a concentrated effort, to rise above the trials and tribulations of this world.